

SENIOR SERVICES EVENTS & ACTIVITIES

MARCH 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>AARP INCOME TAX ASSISTANCE</u> <u>By Appt Only</u> <u>9:00 am- 2:00 pm</u> CAFÉ LUNCH NOON	2 GROCERY SHOPPING GEISSLER'S <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH NOON	3 WALKING PROGRAM 9:30 <u>*FREE BLOOD PRESSURE/BLOOD SUGAR SCREENING 9:30 – 12:30</u> <u>FOOT CARE 9:00-2:00</u> CAFÉ LUNCH - NOON SENIOR CLUB 1:00	4 <u>WESTFARMS MALL SHOPPING 9:00 A M</u> CAFÉ LUNCH NOON
7 <u>SHOPPING @ WAL-MART / BIG Y PLAZA</u> <u>9:00 AM – 11:00AM</u> <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH NOON WALKING PROGRAM 12:30	8 <u>LUNCHEON @ THE OLIVE GARDEN ~ LEAVE CENTER @ 11:15 AM</u> CAFÉ LUNCH NOON	9 GROCERY SHOPPING GEISSLER'S <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH NOON	10 WALKING PROGRAM 9:30 <u>COMMUNITY CONVERSATIONS EAST WINDSOR SENIOR TRANSPORTATION PROGRAM</u> <u>10:30 AM - 11:30 AM</u> CAFÉ LUNCH NOON	11 <u>SHOPPING @BUCKLAND HILLS MALL / JOANN'S FABRICS 9:00 AM</u> CAFÉ LUNCH NOON
14 <u>SHOPPING @ WAL-MART / BIG Y PLAZA</u> <u>9:00 AM – 11:00AM</u> <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH - NOON WALKING PROGRAM 12:30	15 <u>FOXWOODS TRIP LEAVE CENTER @ 8:00 AM</u> <u>RETURN @ 4:30 PM</u> CAFÉ LUNCH ~ NOON	16 GROCERY SHOPPING GEISSLER'S <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH ~ NOON	17 WALKING PROGRAM 9:30 <u>ST. PATRICK'S DAY @ Log Cabin ~ "Finnegan's Wake"</u> <u>Leave Center @ 10:00 am</u> CAFÉ LUNCH ~ NOON SENIOR CLUB 1:00	18 <u>SHOPPING @ THE CHRISTMAS TREE SHOP 9:00 AM</u> CAFÉ LUNCH ~ NOON
21 <u>SHOPPING @ WAL-MART / BIG Y PLAZA</u> <u>9:00 AM – 11:00AM</u> <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30	22 <u>MASSAGE THERAPY 9:00AM - 10:30AM By appt only.</u> <u>CRT NUTRITION EDUCATION 11:45 AM</u> CAFÉ LUNCH ~ NOON <u>AFTERNOON @ THE MOVIES 12:30 PM ~ FEATURING: "50 FIRST DATES"</u>	23 GROCERY SHOPPING GEISSLER'S <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH ~ NOON	24 <u>MONTHLY SOCIAL FEATURING ENTERTAINMENT OF: JOHN JESKI</u> <u>SIGN UP'S /FINAL PAYMENT FOR UPCOMING ACTIVITIES</u>	25 <u>CENTER CLOSED</u> <u>GOOD FRIDAY HOLIDAY</u>
28 <u>SHOPPING @ WAL-MART / BIG Y PLAZA</u> <u>9:00 AM – 11:00AM</u> <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30	29 <u>YANKEE CANDLE / LUNCH TRIP ~ LEAVE CENTER @ 9:00 AM</u> CAFÉ LUNCH ~ NOON	30 GROCERY SHOPPING GEISSLER'S <u>A.C.T.I.V.E. EXERCISE</u> <u>10:30 AM – 11:15</u> CAFÉ LUNCH ~ NOON	31 <u>SHOPPING @ ENFIELD SQUARE/HOME DEPOT/KOHL'S PLAZA ~ 9:00 AM</u> WALKING PROGRAM 9:30 CAFÉ LUNCH ~ NOON	